Creating Community Quarterly News

Creating Community Through People, Parks and Programs,Summer 2006 – Health and Wellness Issue

SPRING FORWARD INTO SUMMER



Eggstravaganza – April 15 Kids and parents alike were delighted by our ever-successful spring event.

Summer Kick Off – May 13 Fun in the sun while promoting our Summer programs.

Splash Bash – June 3 What a way to start the summer - more than 80 teens enjoyed food and music poolside.

Ann D. L'Heureux Memorial Dog Park Dedication – May 18 Barks and smiles abound at this lovely ceremony that drew nearly 100 community supporters.





Hidden Canyon Park Grand Opening - April 29 Monarch Butterflies wafting in the spring air heralded the opening of this beautiful 22-acre park.

National Trails Day – June 3 Nature-lovers flocked to the Batiquitos Nature Center to celebrate the natural beauty of Carlsbad's trails and pick up our new Citywide Trails Map.



July is National Parks and Recreation Month! Make the most of Parks and Recreation Month with these six tips:

- 1. Park it in the park grab family, friends, and a picnic for a day of outdoor fun.
- 2. Blaze a new trail pick up a new Citywide Trails Map at any community center or facility, and re-discover Carlsbad by foot or by bike.
- 3. Get inspired surround yourself with healthy lifestyle role models July 8-9 at the Community Health Expo and Triathlon.
- 4. Learn some new moves whether it's belly dancing, clogging, line dancing or social dance...challenge both your body and your brain with dance.
- 5. Play the field sports are a great way to unwind and make new friends. Try golf, tennis, kayaking, karate, kendo or volleyball this July.
- 6. Pay a visit Community Centers, Senior Center, Swim Complex and Leo Carrillo Ranch are in full swing during the summer. Stop by for free smiles!

Celebrating Health and Wellness

From TV shows like TLC's "Honey We're Killing the Kids," to McDonald's emphasizing salads on the menu, and research that shows one in every three children born in 2000 will develop diabetes —health and wellness is an area of national focus. Carlsbad Recreation Department is putting the spotlight on health and wellness July 8 and 9 at the Health Expo and Triathlon. Community Health Expo highlights include an opening address by Steve Scott, US Record Holder in the Mile; Swim/Beach Entry Clinic with Jim Vance, ITU World Champion; interactive seminars on yoga, tai chi and body conditioning; expert lectures on childhood obesity, posture, and foot health; demonstrations and live music – plus blood pressure, glucose and cholesterol screenings all day long.

At 25, the Carlsbad Triathlon is one of the longestrunning triathlons in the West. Even if you're not in peak competition shape, you can participate by volunteering for the Triathlon. Visit www.CarlsbadTriathlon.com to download the newsletter, and all the latest information.

We are also joining with parks and recreation agencies throughout the county to promote health and wellness in our community. Look for the "Live a Healthy Life...Recreate!" logo to remind you to tell others about the health benefits of being involved in



Recreation programs.

ROUNDUP REPORT

Aquatics

You know it's summertime when you hear the splash! Summer schedule at the Swim Complex goes into full swing on June 19. Check the datebook on the back for pool closure dates.

Youth Sports

Registration for Youth Basketball will be offered online for the first time this year. Registrations through www. CarlsbadConnect have been hugely popular with parents who enjoy the convenience of accessing programs online. For more information, contact Kevin Granse at 434-2989.

Adult Sports

More than 7,000 participants took part in adult sports program last year. Adult Sports leagues for 5-person basketball, softball and soccer begin forming in July with game play beginning in August. For more information visit www.CarlsbadSports.org.

Teens

Nearly one-third of all children living in Carlsbad are between the ages of 10-14, putting our teen programs on par with the City's growing needs. Our CIT (Counselor-In-Training) program helps teens ages 11-15 to develop leadership skills while having fun during 10 weeks of CIT camp offered this summer. Following the success of the Dodgeball/Karaoke and Splash Bash events, Carlsbad teens will also have a summer movie night and Battle of the Bands to look forward to. For more information contact Aly Mancini at 602-7527.

SOUND BITES

Inclusion Program Gains Momentum

We are strengthening our commitment to create an inclusionary environment for everyone who participates in our programs – with or without special needs. Staff members have completed training sessions with K.I.T. (Kids Included Together), and now Senior Recreation Leader Chantelle Woods has just joined our team to assist us in providing this new level of service. Chantelle currently works as an assistant in classes for special needs children at Vista High School. Got questions about inclusion? Contact Lori Swenck at x4649.

Regional Industry Recognition

Lindsay Levitz from our Graphics team designed the colorful "Go Play Get Fit Youth Day" logo that will be recognized by hundreds of parents and young campers throughout North County at a CPRS event on Thursday, July 13 at Brengle Terrace Park in Vista.



In the News

The Senior Center snagged an attention-grabbing headline in the May 21 edition of Today's Local News; "Seniors Overcome Technophobia – Carlsbad Senior Center Offers Computer Help." On May 23, Larry Himmel from Channel 8 News interviewed Mick Calarco for a piece on Leo Carrillo Ranch Historic Park. Leo Carrillo was also featured in the San Diego Union-Tribune's Summer Passport section, and in the May/June issue of Carlsbad magazine.

Enrichment

With the diverse classes we offer, it's easy to learn something new every day. Several new classes are being offered in June: Art and Design for Kids, Art with the Masters, Introduction to Calligraphy, Tie Dye for Everyone and Spanish for Toddlers. Contact Kelly Houser at 602-7523 for more information.

Camps

Summertime is our time to shine! We provide fun, discovery and safety for hundreds of children and parents all season long. First day of Summer Day Camps is June 19. Summer Preschool begins June 26.

Senior Safaris Take You Places

Travel made easy for adults age 55+...six Senior Safaris scheduled in June and July take groups on fun trips to see exotic primates, Little Italy, "The King and I," Fourth of July on the Bay and more. Contact Cynthia Torrie at 602-4653 if you know a special someone who would enjoy these trips.

Film Nights at Leo Carrillo Ranch

Friday nights, June 16-July 28 (except June 23)

Nostalgic entertainment under the stars – enjoy films from the Golden Age of Hollywood. Bring a picnic or purchase refreshments to support the Carrillo Ranch Barn Theatre Stabilization/Restoration project. Film listings in the Community Services Guide, or call 476-1042 for information.

PARK DEVELOPMENT UPDATE



Pine Avenue Park

Located at the site of the former Pine School, bordered by the Carlsbad Senior Center, Harding Street, and Chestnut Avenue, this 7.7-acre community park will serve the Northwest Quadrant by providing active and passive use amenities. The park includes a multi-use synthetic turf sports field, a central open space area, and parking.

By the end of June, the park's central open space will be complete and open to the public. This will include an informal amphitheater, a totlot, basketball courts, and picnic areas.

The City has committed to removing and undergrounding the overhead utility lines on Harding Street and Chestnut Avenue. This will impact scheduled field use and facility rentals. A grand opening celebration will be scheduled later this fall.

Alga Norte Community Park

The design for Alga Norte Community Park is nearing completion. Plans will be sent out for contractor bidding in September. A bid opening and award will occur in early 2007, followed by a ground-breaking and start of construction. The next milestone will be development of a theme for the aquatics center, and naming of both the park and the aquatics center. Construction is scheduled to be complete in Fall 2008.

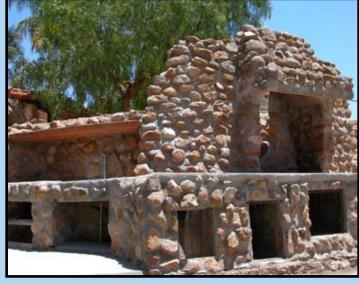
Alga Norte Community Park is a 33-acre park located in the Southeast Quadrant, bordered by Palomar Airport Road, El Camino Real, and the La Costa Golf Course. The approved Master Plan includes baseball fields, a dog park, a skate park, 3 tot lots, 4 basketball halfcourts, open space, a trail system, and an aquatics complex.

Leo Carrillo Ranch Historic Stone Masonry Barbeque Restoration Project

In 2005, the City of Carlsbad partnered with Home and Garden Television (HGTV), and Save America's Treasures (SAT) to restore the historic 1930s stone masonry barbecue at Leo Carrillo Ranch. The centerpiece of many lively fiestas, Carrillo could often be found on a warm summer evening at the massive barbeque roasting an entire side of marinated beef, simmering frijoles, and gently warming tortillas over a hot bed of oak and mesquite coals.

In recent years, the barbecue has fallen into a state of disuse and disrepair. Without necessary intervention the barbeque would have eventually been completely lost to decay. Restoration efforts officially began in May 2006 and once completed, the barbeque will once again be the site and centerpiece of many memorable fiestas.

For more information on the barbeque restoration, please contact Liz Ketabian at 434-2978, or Mick Calarco at 476-1042.



Barbeque Restoration In Progress, June 2006



Carrillo and Friends Barbequing at the Ranch c. 1940s

STAFF NEWS



Special Events welcomes Rachael Shay as Recreation Supervisor. Rachael brings a wealth of events expertise to the department. Most recently she worked for the San Diego Zoological Society, where she ran the "Adopt an Animal" and "Camps for Critters" programs, and organized signature

events such as "Cans for Critters."

Kathleen Shubin is the friendly new face at Recreation Admin. After spending three years at the Swim Complex, she has been promoted to Senior Office Specialist and is about to complete her Bachelors Degree in Business Administration from University of Phoenix.

Office Specialist Hugh Barker joins the team at the Swim Complex. Originally from Riverside, he is a self-described "man of many trades" who has worked at Carlsbad High with special ed students; at West Marine and at Cut & Dried Hardwood in Solana Beach. Ask him about fishing next time you're at the Swim Complex!



Graphics welcomes new designers Sarah Salisbury and Cassie Forrington. Sarah is an accomplished artist who does professional photograph restoration, and has created art for the rock band Pearl Jam's latest music video. Cassie is a "Production MVP" for The Daily Aztec Newspaper at San Diego State University, where she is currently majoring in Graphic Design.

The Kidz Camp Program is pleased to announcement the appointment of two new staff: Camp Director Jill Nugent and Camp Office Aide Madeline Johnson. Jill and Madeline, along with CIT Coach Aaron Brown, will have primary responsibility for Kidz Camp and CIT Camp.



Layout and Design By Tim Yargeau

Summer Datebook

- June 15 Last Day of School Carlsbad Unified High School District Swim Complex closed at 3:30 pm
- June 16 Film Nights at Leo Carrillo Ranch Historic Park Swim Complex Closed at 1:15 pm for Training
- June 17 Swim Complex Closed
- June 18 Fathers Day
 Swim Complex Closed until 4 pm
- June 19 Parks and Recreation Commission Meeting
- June 30 Film Nights at Leo Carrillo Ranch Historic Park
 - July 4 Independence Day
 - July 6 Senior Commission Meeting
 - JUly 8 Community Health Expo at Senior Center
 - July ? Carlsbad Triathlon 25th Anniversary
 - July 14 Film Nights at Leo Carrillo Ranch Historic Park
 - July 17 Parks and Recreation Commission
 - July 21 Totally Teen Movie Night at Aviara Community Park Film Nights at Leo Carrillo Ranch Historic Park
 - July 28 Film Nights at Leo Carrillo Ranch Historic Park
 - July 30 "Hot Rods and Cool Treats" 5th Annual Classic Car Show and Ice Cream Social at Senior Center
 - AUG. 3 Senior Commission Meeting
 - AUG. 5 Family Movie Night at Poinsettia Park
- Aug. 19 Snores N S'mores at Calavera Hills Community Park
- Aug. 21 Parks and Recreation Commission Meeting
- Aug. 29 First Day of School Carlsbad Unified High School District

Here are a few more reasons to celebrate in July:

July 9 - 15 is National Youth Sports Week
July 16 - 22 is National Aquatic Week
July 16 is National Ice Cream Day (but isn't every day?)